



March 2014

# BALANCE

Official Newsletter

U.S. NAVAL HOSPITAL YOKOSUKA  
HERE TO SERVE WITH CARE

## HEALTH PROMOTION

# “Crews Into Shape” for National Nutrition Month® (NNM)



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# National Nutrition Month®

## “Enjoy the Taste of Eating Right”



Health Promotion  
HP@med.navy.mil

### Don't sell yourself short ...Have your cake and eat it too

By: LT Elaina Ortiz, Registered Dietician

Food is not only a necessity but has become a comfort for so many. Some may say the demands of our world are responsible for developing unhealthy eating habits.

Grabbing empty calorie snacks as you rush out the door for work, or pulling up to the fast food drive thru for a fast and easy, or shall we say, 'greasy' meal. Such habits contribute to our ever-growing waistlines. But who has the time to prepare *healthy* meals, right? Where there's a will there's a way.

What's more, "I don't believe in the deprivation of any food." We just need to have the right resources and a little motivation to get out the chopping board and skillet to prepare a more healthful and satisfying meal. In recognition of National Nutrition Month®, I challenge you to do just that.

Don't sell yourself short...*have your 'cake' and eat it too!*

U.S. Naval Hospital (USNH) Yokosuka Nutrition Services can help you implement easy, healthful modifications in your current diet. Talk to your Primary Care Manager (PCM) to be referred for Nutrition Services appointment with a Registered Dietician. You may also self-refer; please call Nutrition Services at 243-7128/046-816-7128.

#### Nutrition Services Classes

Weight Management. Held the last Tuesday of every month at 0930-1030, Fleet Recreation Center, 3rd deck, room 333. No appointment is necessary and walk-ins are welcome.

Diabetic Management. Next class will be held on 25 March from 1500-1630, USNH Yokosuka, Command Auditorium. Please call 243-7128 to reserve your seat today!

All classes are free of charge and open to all Tricare Beneficiaries.



LT Ortiz educates students at Sullivan Elementary school on enjoying healthy foods and have fun. Students make happy face designs with veggies.



# Try A Healthy New Recipe

## Teriyaki-Glazed Salmon With Stir-Fried Vegetables

### Recipe Source: Deliciously Healthy Dinners



Calories 253  
Total fat 11 g  
Saturated fat 2 g  
Cholesterol 50 mg  
Sodium 202 mg  
Total fiber 3 g  
Protein 21 g  
Carbohydrates 16 g  
Potassium 584 mg

Prep time: 20 minutes  
Cook time: 15 minutes  
Yields: 4 servings  
Serving Size:  
3 oz salmon and 1 C vegetables

Ingredients for salmon:  
2 Tbsp light teriyaki sauce  
 $\frac{1}{4}$  C mirin (or sweet rice wine)  
2 Tbsp rice vinegar  
2 Tbsp scallions (green onions),  
rinsed and minced  
 $1\frac{1}{2}$  Tbsp ginger, minced (or 1 tsp  
ground)  
12 oz salmon fillets, cut into 4  
portions (3 oz each)

Ingredients for vegetables:  
1 bag (12 oz) frozen vegetable  
stir-fry  
 $\frac{1}{2}$  Tbsp peanut oil or  
vegetable oil  
 $\frac{1}{2}$  Tbsp garlic, minced (about  
1 clove)  
1 Tbsp ginger, minced (or 1  
teaspoon ground)  
1 Tbsp scallions (green  
onions), rinsed and minced  
1 Tbsp lite soy sauce

### Directions:

1. Thaw frozen vegetables in the microwave (or place entire bag in a bowl of hot water for about 10 minutes). Set aside until step 7.
2. Preheat oven to 350 °F.
3. Combine teriyaki sauce, mirin, rice vinegar, scallions, and ginger. Mix well. Pour over salmon, and marinate for 10–15 minutes.
4. Remove salmon from the marinade, and discard unused portion.
5. Place salmon on a baking sheet, and bake for 10–15 minutes or until fish flakes easily with a fork in the thickest part (minimum internal temperature of 145 °F).
6. Meanwhile, heat oil in a large wok or sauté pan. Add garlic, ginger, and scallions, and cook gently but do not brown, about 30 seconds to 1 minute.
7. Add vegetables, and continue to stir fry for 2–3 minutes or until heated through. Add soy sauce.
8. Serve one piece of salmon with 1 cup of vegetables.

**Tip:** Try serving with steamed rice or Asian-style noodles (soba or udon).



# Sample Workout

## Improve your Push-up PRT Score

### Courtesy: Navy Physical Readiness Program

This month's sample workout focuses on explaining strength training variables for push-ups geared at improving performance on the Navy PRT.

**The Push-Up Progression.** Gradually progresses push-ups from wall, desk, knee, to floor.

**Wide Stance Push-Up.** Uses chest muscles and it is usually the preference position of individuals with long arms.

**Narrow Stance Push-Up.** Target triceps.

**Decline Push-Up.** Uses bench or theraball.

**Altered Stance Push-Up.** Functional push-up; hands are not directly below the shoulders, it alters the mechanical advantage of the arms and makes it more difficult.

**Negative (3 Count Down) Push-Up.** Effective for strength gains because the muscle is working eccentrically.

**Isometric Hold (hold in the down position) Push-Up.**

Fatigues the muscles at the end of a set of exercises by using an isometric hold.

**Push-Up Circle.** Improve shoulder stability and core strength by performing numerous push-ups in a "dynamic motion", going from one push up variable to another.

[http://www.public.navy.mil/bopers-npc/support/21st\\_Century\\_Sailor/physical/Pages/SampleWorkouts.aspx](http://www.public.navy.mil/bopers-npc/support/21st_Century_Sailor/physical/Pages/SampleWorkouts.aspx)



HM1 Trevor Thompson, USNH Yokosuka Health Promotion, leads push-up strength training evolution during ShipShape class session.



# U.S. NAVAL HOSPITAL YOKOSUKA HERE TO SERVE WITH CARE

## HEALTH PROMOTION



### SCREENING FOR COLON CANCER: IT'S THE RIGHT CHOICE

Of cancers that affect both men and women, colorectal cancer (colon) cancer is the #2 cause of cancer deaths in the U.S. But it doesn't have to be. Screening tests can find this cancer early, when treatment works best. 23 million Americans are not up-to-date on screening.



About 51,000 people die from colorectal cancer each year. Recommended screening could prevent at least 60% of these deaths! Screening can find polyps (abnormal growths) so they can be removed before turning into cancer. Screening should start at age 50 and continue until around age 75 for most men and women.

### THERE'S MORE THAN ONE TEST. YOU HAVE A CHOICE!

- High-sensitivity fecal occult blood test (FOBT)-once a year. You do this test at home and send stool samples to a doctor's office or lab.
- Flexible sigmoidoscopy (every 5 years with FOBT every 3 years). The doctor looks for polyps or cancer in the rectum and lower third of the colon.
- Colonoscopy (every 10 years). The gold standard for screening. The doctor looks for polyps or cancer in the rectum and the entire colon.

Colon cancer or polyps may not cause symptoms, especially early on. Don't wait for symptoms before you get screened! Speak to your primary care provider about colorectal cancer screening!

Please call Central Appointments at 243-5352 or 046-816-5352 to schedule an appointment.

# Health Promotion Services



Health Promotion  
[HP@med.navy.mil](mailto:HP@med.navy.mil)

**BODY COMPOSITION ANALYSIS**  
BODY TYPE  
GENDER  
AGE  
HEIGHT  
WEIGHT  
BMI  
FAT%  
BMR  
**IMPEDANCE**  
FAT MASS  
FAT %  
FAT MASS  
TA  
Predicted weight: 55.6kg  
7.3kg

**HEALTH PROMOTION PROGRAMS AND SERVICES**  
**8-WEEK SHIPSHAPE WEIGHT MANAGEMENT**  
**HEALTH FITNESS ASSESSMENTS**  
**4-SESSION TOBACCO CESSION CLASSES**

**PREVENTIVE HEALTH EDUCATION / SAFETY STAND-DOWNS**

Contact Health Promotion today!

Fleet Rec Center-Rm 323, 243-9776 / 046-816-9776, or [HP@med.navy.mil](mailto:HP@med.navy.mil)



# Meet the Staff



From left to right:

(Top Row) Paje, Jessica CIV, Operations Assistant; HM1 Thompson, Trevor, LPO; HM2 Duong, Vannak, Staff Corpsman; Vetrano, Rebecca CTR, Health Technician.  
(Bottom Row) HN Franklin, Myka, Staff Corpsman; HN Sparks, Daniel, Staff Corpsman.

The Balance newsletter is an official publication of the Health Promotion Department, U.S. Naval Hospital Yokosuka. If you have any comments or suggestions about this publication, Health Promotion events, or programs, please contact our staff at 243-9776 or [HP@med.navy.mil](mailto:HP@med.navy.mil).



# U.S. NAVAL HOSPITAL YOKOSUKA HERE TO SERVE WITH CARE

## HEALTH PROMOTION



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**MARCH 2014 "Crews Into Shape" for National Nutrition Month**

SUN	MON	TUE	WED	THUR	FRI	SAT
						1
2	3	4	5	6	7	8
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000	SHIPSHAPE SESS #8 1100-1230 *or* 1530-1700  TOB CESS & PREV #1 1300-1400	HFA 0800, 0830, 0900, 0930 & 1000		
9	10	11	12	13	14	15
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000	TOB CESS & PREV #2 1300-1400  HFA 1400-1430	HFA 0800, 0830, 0900, 0930 & 1000		
16	17	18	19	20	21	22
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000	TOB CESS & PREV #3 1300-1400  HFA 1400-1430	HFA 0800, 0830, 0900, 0930 & 1000		Anchors Aweigh Half Marathon! Register with MWR Navy Fitness
23	24	25	26	27	28	29
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000	TOB CESS & PREV #4 1300-1400  HFA 1400-1430	HFA 0800, 0830, 0900, 0930 & 1000		
30	31					
	HFA 0800, 0830, 0900, 0930 & 1000					

### HEALTH FITNESS ASSESSMENTS (HFA)

An HFA uses Body Composition Analyzer to assess certain parameters of your body and provide you with your current state of health and fitness. You will be provided recommendations on setting realistic goals and preparing a personalized plan to meet those goals. Initial start-up appointments are available in approximately 1-hr increments Mon, Tues, Thurs 0800, 0830, 0900, 0930 & 1000, as well as Weds 1400 & 1430; follow-up weigh-in appointments are available by walk-in when office is open. Contact Health Promotion today to set up an appointment!

\*HFA is mandatory for members wanting to seek the guidance of a certified personal trainer.

### USNH HEALTH PROMOTION

Fleet Rec Center, Rm 323  
243-9776 / 046-816-9776 / HP@med.navy.mil

### TOBACCO CESSION & PREVENTION:

This course consists of 4 class sessions where public health strategies and evidence-based medicine are used to address nicotine addiction. The goals of this program are: reduce initiation of tobacco use, increase tobacco cessation, and reduce environmental tobacco smoke. Contact Health Promotion to schedule your spot in the course today!